

Drop it Like it's Hott... the Healthy "Weigh"

ODU Weight Loss Challenge

Registration

Please sign me up for the **Drop it Like it's Hott...
the Healthy "Weigh"** Weight Loss Challenge.

I understand some risk may be involved and if I have any health concerns or questions about whether I should participate in this program, I will consult my physician.

I commit to attend one meeting and weigh-in each week.

Print Name: _____

Email : _____

Height: _____

Weight: _____

Goal Weight _____

****Participants must have a "normal" or greater body mass index.**
To calculate your body mass index, go to <http://www.cdc.gov/nccdphp/dnpa/bmi/>.

Drop this form off at Student Health Services in South Webb Center.